

WRESTLING GAMES – STUDENT SHEET



PLAN OF ACTION (to be handed in to the teacher)

Consult page 8 of the Reference Document to help you prepare your plan of action.

My name:				My group:					
My opponent's name:									
MATCH 1				MATCH 2					
My opponent's strengths and difficulties				My opponent's strengths and difficulties					
Strengths		Difficulties		Strengths		Difficulties			
Chosen strategy (circle your choice of moves)				Chosen strategy (circle your choice of moves)					
Movement sequence				Movement sequence					
Move 1	Move 2		Move 3	Move 4	Move 1	Move 2		Move 3	Move 4
Feinting	Taking hold	- Forearm - Arm - Knee (from behind) - Ankle (from behind)	Pushing Pulling	Throwing the opponent off balance and causing them to fall	Feinting	Taking hold	- Forearm - Arm - Knee (from behind) - Ankle (from behind)	Pushing Pulling	Throwing the opponent off balance and causing them to fall
	Circling (from the front)	- Arms - Legs	Pulling Coiling Recoiling			Circling (from the front)	- Arms - Legs	Pulling Coiling Recoiling	
For the next match, I will make the following adjustments					If there were to be another match, I would make the following adjustments				
My moves		Offensive moves			My moves		Offensive moves		
		Defensive moves					Defensive moves		
My strategy					My strategy				
My performance					My performance				

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SELF-EVALUATION

Name: _____ Group: _____ Date: _____

Given the tasks in this learning and evaluation situation, comment on the following elements.

ELEMENT	COMMENT
Successes and difficulties during the matches	
Collaboration with the members of my team	
Process used (planning, execution and evaluation)	

Identify what you learned about wrestling (e.g. new types of holds, rules).

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In what other tasks or types of activities could you apply the safety rules, ethical behaviours, principles of action, principles of communication and your ability to put up a fight in a combat sport? Give some examples.

OTHER TASKS OR TYPES OF ACTIVITIES	EXAMPLES